

Quit smoking, the best gift for yourself and others this holiday season.

<https://longevitylive.com/anti-aging/quit-smoking-the-best-gift-for-yourself-and-others-this-festive-season/>

“With the holiday season approaching, those who want to quit smoking may think of putting it off until the new year. But, right now is the time to focus on kicking the habit – you’ll feel much better by Christmas and be ready to quick of 2022 as a non-smoker,” says Dr. Sharon Nyatsanza of the National Council Against Smoking (NCAS).

The bottom line: Remember that stopping smoking is hard, but not impossible, and worth it for the health benefits. Give yourself the gift of not smoking. Visit mypathidaho.org for FREE help to stop smoking.

